



The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity)

By Erik Braun

[Download now](#)

[Read Online](#) 

The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) By Erik Braun

Insight meditation, which claims to offer practitioners a chance to escape all suffering by perceiving the true nature of reality, is one of the most popular forms of meditation today. The Theravada Buddhist cultures of South and Southeast Asia often see it as the Buddha's most important gift to humanity. In the first book to examine how this practice came to play such a dominant—and relatively recent—role in Buddhism, Erik Braun takes readers to Burma, revealing that Burmese Buddhists in the colonial period were pioneers in making insight meditation indispensable to modern Buddhism.

Braun focuses on the Burmese monk Ledi Sayadaw, a pivotal architect of modern insight meditation, and explores Ledi's popularization of the study of crucial Buddhist philosophical texts in the early twentieth century. By promoting the study of such abstruse texts, Braun shows, Ledi was able to standardize and simplify meditation methods and make them widely accessible—in part to protect Buddhism in Burma after the British takeover in 1885. Braun also addresses the question of what really constitutes the “modern” in colonial and postcolonial forms of Buddhism, arguing that the emergence of this type of meditation was caused by precolonial factors in Burmese culture as well as the disruptive forces of the colonial era. Offering a readable narrative of the life and legacy of one of modern Buddhism's most important figures, *The Birth of Insight* provides an original account of the development of mass meditation.

 [Download The Birth of Insight: Meditation, Modern Buddhism, ...pdf](#)

 [Read Online The Birth of Insight: Meditation, Modern Buddhism ...pdf](#)

The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity)

By Erik Braun

The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) By Erik Braun

Insight meditation, which claims to offer practitioners a chance to escape all suffering by perceiving the true nature of reality, is one of the most popular forms of meditation today. The Theravada Buddhist cultures of South and Southeast Asia often see it as the Buddha's most important gift to humanity. In the first book to examine how this practice came to play such a dominant—and relatively recent—role in Buddhism, Erik Braun takes readers to Burma, revealing that Burmese Buddhists in the colonial period were pioneers in making insight meditation indispensable to modern Buddhism.

Braun focuses on the Burmese monk Ledi Sayadaw, a pivotal architect of modern insight meditation, and explores Ledi's popularization of the study of crucial Buddhist philosophical texts in the early twentieth century. By promoting the study of such abstruse texts, Braun shows, Ledi was able to standardize and simplify meditation methods and make them widely accessible—in part to protect Buddhism in Burma after the British takeover in 1885. Braun also addresses the question of what really constitutes the “modern” in colonial and postcolonial forms of Buddhism, arguing that the emergence of this type of meditation was caused by precolonial factors in Burmese culture as well as the disruptive forces of the colonial era. Offering a readable narrative of the life and legacy of one of modern Buddhism's most important figures, *The Birth of Insight* provides an original account of the development of mass meditation.

The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) By Erik Braun Bibliography

- Sales Rank: #1475809 in Books
- Published on: 2013-11-19
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .90" w x 6.00" l, 1.45 pounds
- Binding: Hardcover
- 280 pages



[Download The Birth of Insight: Meditation, Modern Buddhism, ...pdf](#)



[Read Online The Birth of Insight: Meditation, Modern Buddhis ...pdf](#)

Download and Read Free Online The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) By Erik Braun

Editorial Review

Review

“This is an exemplary work within the history of religions with its careful argumentation and substantial evidence for the foundation of *vipassana* meditation to be located within the ideas of an important nineteenth-century Burmese monk. This book will be important reading for students in the history of religions and Southeast Asian studies, and those interested in meditation and Buddhism.”

(H-Net)

“Masterful. . . . This is an excellent study, one that will deservedly become a classic in the field and make possible many other studies of the history of Burmese Buddhism.”

(Journal of Southeast Asian Studies)

“Provides a detailed and masterfully contextualized analysis of the innovative career of Ledi Sayadaw. . . . Because of Ledi’s multi-faceted influence, the book will be of interest to scholars working on both Southeast Asian and Western Buddhism, as well as researchers interested in religion and its relationship with colonialism, modernity, or communication developments.”

(Studies in Religion)

“An erudite and thoughtful investigation of a remarkable man and his crucial role in the development of modern Burmese Buddhism. Moreover, from a methodological viewpoint, Braun’s study exhibits a formidable command of primary-source materials that are seamlessly woven into a direct narrative style in a manner that highlights the inseparability of individual historical agents, traditional religious beliefs, and modern political activity.”

(Religion)

“*The Birth of Insight* represents an important addition to current scholarship on modern Burmese Buddhism, which has broader implications for our understanding of contemporary Buddhism in South and Southeast Asia and global Buddhism generally. Engaging and challenging, it restores the study of ‘texts’ to the repertoire of tools at our disposal for the critical examination of Burmese tradition.”

(Patrick Pranke, University of Louisville)

“Insight meditation (*vipassana*) is increasingly central to the modern practice of Buddhism, worldwide; mindfulness practices (*sati*) are ever more widely used in contemporary western psychotherapies. Tracing the genealogy of these developments takes us to nineteenth- and twentieth-century Burma, and Erik Braun’s fascinating and lucid account of Ledi Sayadaw provides a detailed and illuminating historical context, notably in relation to colonialism, for the beginnings of the whole process. A final chapter describes Ledi’s influence on other teachers in Burma, and through them on the American disciples who brought the techniques to the West. A very fine book.”

(Steven Collins, University of Chicago)

“Erik Braun’s superbly researched, elegantly crafted, and eminently accessible book is the most authoritative study to date of Ledi Sayadaw and the origins of the modern Buddhist meditation revival in Burma. But its

significance goes well beyond the confines of twentieth-century Burmese history. Ledi Sayadaw and his followers laid the foundation for ‘Buddhist modernism,’ and by the last quarter of the twentieth century their innovative—if sometimes controversial—approach to Buddhist doctrine and practice had spread to the rest of Asia, as well as to Europe, America, and beyond. Braun’s account of their achievements should be required reading for anyone interested in the roots of modern ‘insight’ (or ‘mindfulness’) meditation practice.”

(Robert H. Sharf, University of California, Berkeley)

About the Author

Erik Braun is associate professor in the Department of Religious Studies at the University of Virginia.

Users Review

From reader reviews:

Melissa Alfonso:

Within other case, little men and women like to read book The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity). You can choose the best book if you appreciate reading a book. Providing we know about how is important a book The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity). You can add information and of course you can around the world by the book. Absolutely right, simply because from book you can understand everything! From your country right up until foreign or abroad you will end up known. About simple matter until wonderful thing you may know that. In this era, we are able to open a book or searching by internet unit. It is called e-book. You can use it when you feel bored stiff to go to the library. Let's study.

Rhonda Munoz:

Now a day people that Living in the era just where everything reachable by match the internet and the resources inside can be true or not involve people to be aware of each facts they get. How individuals to be smart in getting any information nowadays? Of course the answer is reading a book. Examining a book can help persons out of this uncertainty Information mainly this The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) book as this book offers you rich information and knowledge. Of course the knowledge in this book hundred per cent guarantees there is no doubt in it as you know.

John Minnis:

The ability that you get from The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) will be the more deep you digging the information that hide in the words the more you get serious about reading it. It does not mean that this book is hard to recognise but The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) giving you joy feeling of reading. The article author conveys their point in certain way that can be understood by simply anyone who read the idea because the author of this guide is well-known enough. This kind of book also makes your personal vocabulary increase well. So it is easy to understand then can go

along, both in printed or e-book style are available. We suggest you for having this particular The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) instantly.

Everett Barton:

This book untitled The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) to be one of several books in which best seller in this year, here is because when you read this book you can get a lot of benefit onto it. You will easily to buy this kind of book in the book shop or you can order it by means of online. The publisher of the book sells the e-book too. It makes you more readily to read this book, because you can read this book in your Smart phone. So there is no reason for your requirements to past this guide from your list.

Download and Read Online The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) By Erik Braun #MPSF43UYXEZ

Read The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) By Erik Braun for online ebook

The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) By Erik Braun Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) By Erik Braun books to read online.

Online The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) By Erik Braun ebook PDF download

The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) By Erik Braun Doc

The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) By Erik Braun MobiPocket

The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) By Erik Braun EPub

MPSF43UYXEZ: The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) By Erik Braun